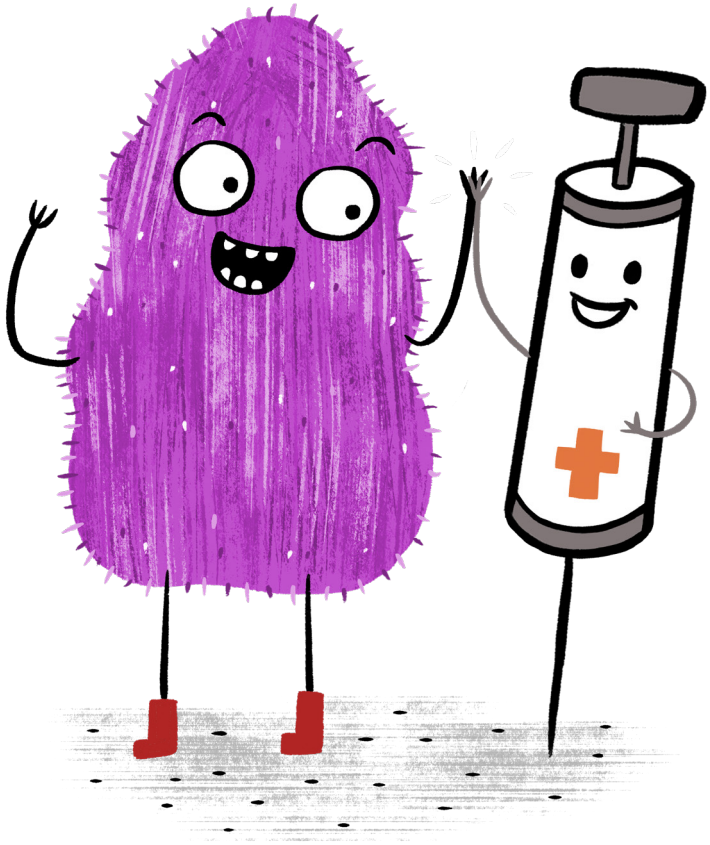


POKE PLAN

While getting a poke isn't very fun, there are many ways to make it easier for you.

You know you best, so choose the ways you want to be more comfortable and in control!

PARENT'S GUIDE!

PLAN ONLINE WITH SUPERMEG!

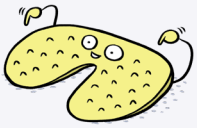
Meg Foundation
MEGFOUNDATIONFORPAIN.ORG

What's Buzzy?

Buzzy's vibrations block the pain signal so you don't have to feel the poke!

What's numbing cream?

It's a cream that you put on 30-60 minutes before the poke that numbs your skin!



What's Shotblocker?

Shotblocker is a plastic device with little "nubs" that distract your nerves. Your brain feels the nubs, but not the poke!

If there is a choice, which arm, leg, or other body part would you like to use?

☐ Left arm ☐ Left leg
☐ Right arm ☐ Right leg
☐ Other: _____

Sitting in a comfortable position with people we trust really helps! What position do you want?

COMFORT POSITION GUIDE

☐ On _____'s lap
☐ Next to _____
☐ Laying down ☐ Sitting up
☐ Something else: _____

There are a bunch of ways we can stop the ouch of a poke before it starts! If they are available, what would you like to use?

VIBRATION VIDEO

NUMBING CREAM VIDEO

☐ Numbing cream
☐ Vibration
☐ Shotblocker

You already know how good you are at blocking out the world when you are focused on something you really like. It's like a superpower! What would you like to focus on before and during?

☐ Video: which one? _____
☐ Book
☐ Toy
☐ Music
☐ Talking to _____
☐ Something else: _____

Breathing is a great way to turn down pain signals and anxious feelings. As you take those good, deep breaths, do you want...

BREATHING VIDEO GUIDE!

☐ Someone to breathe with you? Who? _____
☐ To watch a breathing guide video?
☐ Nothing...I'll do it myself!

Some kids like to watch the poke and others like to pretend it isn't happening. Which works better for you?

☐ I want to watch
☐ I want to focus on something else: _____

Do you want to be told what is going on before and /or during the poke?

☐ Yes, before
☐ Yes, during
☐ No...I'd rather just pay attention to something else: _____

If you do want to be told when the needle goes in, what words do you want used to let you know?

☐ 1-2-3 count
☐ "Here it comes..."
☐ Something else: _____

Too many voices can feel overwhelming. Who do you want to talk, if anyone? Who would you like to be quiet?

People who talk: _____
People who stay quiet: _____

Your trusted adults are great supports! What would you like them to do to help you feel more calm and comfortable?

☐ Talk and distract me
☐ Rub my back ☐ Hold my hand
☐ Hold up a video to watch
☐ Something else: _____

Having something to look forward to really helps! What would you like to do / have after the poke?_____

*And remember to remind everyone that it helps you if the **adults***

KEEP CALM :)